

# The Senior Scoop

BOB GILMORE SENIOR CENTER

MARCH 2015

## COMMENTS FROM THE COORDINATOR MARGO COSTER

March is the month we celebrate National Read Across America Day and also Dr. Seuss birthday. Theodor Seuss Geisel wrote under the pen name Dr. Seuss and also Theo LeSieg.

He was an American writer, poet, and cartoonist most widely known for his children books. He published 46 children books, which were often characterized by imaginative characters and rhyme.

March is also the month we celebrate St. Patrick's Day. Saint Patrick's feast day, as a kind of national day, was already being celebrated by the Irish in Europe in the ninth and tenth centuries. In later times he became more and more widely known as the patron of Ireland. Saint Patrick's feast day was finally placed on the universal liturgical calendar in the Catholic Church. In 1903, Saint Patrick's

Day became an official public holiday in Ireland.

### Texas Independence Day Celebration

Did you know that Texas Independence Day is a celebration of the Texas Declaration of Independence on March 2, 1836? And that settlers in Mexican Texas officially broke from Mexico, creating the Republic of Texas. Dr. Daniel Kott and the MECCA Senior Citizens group will be performing for us in celebration. Enjoy music, games, prizes and food.

**DATE: March 2**  
**TIME: 10:30-12:00 a. m.**



### REMINDER

Don't forget that we're taking pictures at the Lions Club Park Senior Center **April 1, 12:00 Before the Fun Fashion Show.**

### Fun with Dick & Jane Fun Fashion

#### SAVE THE DATE!

Are you ready for some **FUN**? Join the Lions Club Park and Bob Gilmore Senior Centers for a fun fashion show and a real good time. Filled with lots and lots of laughter, great food and fabulous models. Don't forget and miss this once in a life time fun day.

**DATE: April 1**  
**TIME: 1:00-3:00 p.m.**

### DINING WITH FRIENDS

Come join both centers at Meg's Cafe in Temple, for our Dining With Friends. An evening filled with fun, laughter and camaraderie.

**DATE: MARCH 25**  
**TIME: 5:00-7:00 p. m.**



**Irish Cook-off March 17th at**  
**11:00 a. m.**

### UPCOMING EVENTS MARCH & APRIL

- Dr. Seuss Party
- St. Patrick's Day Party
- Easter Party

### SENIOR COUNCIL EXECUTIVE BOARD

- Bill Taylor, *President*
- Roy Murray, *Vice President*
- Pete Hilliard, *Treasurer*
- Susan McLinn, *Secretary*
- Charlie King, *Parliamentarian*
- Charlie Cahee, *Chaplain*

Next meeting will be 12:30 p.m.  
**MARCH 11th** at Bob Gilmore Senior Center.

### AARP Drivers Safety Course

Marge Brune will be conducting a safety class. Please contact the center for additional information and pre-registration. This course does not dismiss a ticket.

**DATE: MARCH 25**  
**TIME: 9:30—2 p.m.**  
**COST: \$15 w/AARP card**  
**\$20 non-members**

### Jewelry with Terri

Come and join Terri Daniels in making unique jewelry. There is no charge for the class. But you **MUST** be signed up.

**DATE: MARCH 20**  
**TIME: 12:30-2:00 p. m.**



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### Dr. Seuss Birthday Celebration

**Do you like green eggs and ham?** Come to the birthday celebration and find out if you do. Join in the fun and games. You can dress the part too if you'd like, I'll be the one wearing the hat.

**DATE: March 2**  
**TIME: 9:00-10:00 a. m.**



# SENIORS ON THE GO

## WASHINGTON, DC

Visit the Capital Building, George Washington's Mount Vernon, World War II Memorial, Martin Luther King Jr. Memorial, Iwo Jima Monument and many more sites.



**DATE: APRIL 22-30, 2015** (9 Days & 8 Nights)

## SAN ANTONIO, TX

## LAS VEGAS and the GRAND CANYON

Visit the Petrified Forest National Park, Grand Canyon National Park, Laughlin, Nevada, Colorado River, Las Vegas, Las Vegas Strip and many more sites.

Visit the famous ALAMO, Mission of San Jose established in 1720, Institute of Texan Cultures, Tour San Antonio, Cruise at the famous River Walk District, and many more sites.

**DATE: OCTOBER 1-10, 2015** (10 Days & 9 Nights)

**DATE: DECEMBER 1-3, 2015** (3 Days & 2 Nights)

*For more information about trips please contact: Olga at 690-7320 or Bertie at 628-8191*

## MARCH EVENTS & PROGRAMS

### RED HATS (Golden Girls)

Annual Red Hats will be meeting at Yang Sang this month. Everyone is encouraged to attend. New members welcomed.

**DATE: MARCH 13**  
**TIME: 1:00 p. m.**



### BLOOD PRESSURE CHECKS

Stop by the Center at any of the dates below to have your blood pressure checked from 10:30 - 11:30 a.m.

<u>TexMed</u>		<u>First Atlantic:</u>
<b>MARCH</b>	<b>11</b>	<b>MARCH 3</b>
<u>Bethany</u>		
<b>MARCH</b>	<b>25</b>	

### CHAIR MASSAGES

Carrie Howell will be at the Center doing free chair massages. Please sign up in advance. Carrie is no longer available in the mornings, so we're doing them in the evening. **\*\*Note New Time\*\***

**DATE: MARCH 10**  
**TIME: 4:30-6:00 p.m.**

### MONTHLY MOVIES

This month's Classic Movie will be *A Farewell To Arms* starring Gary Cooper. The New Release Movie will be *Dolphin Tale 2* starring Morgan Freeman & Ashley Judd.

**DATE (S): MARCH 3 Classic**  
**MARCH 10**  
**New Release**  
**TIME: 12:00 p.m.**

### BUTTERBEAN AUCTION

Going once, going twice, sold! See what treasures you can win this month! Forty beans for each item you bring in. From plants to clothes, nick knacks and etc., we accept everything, except money.

**DATE: MARCH 27**  
**TIME: 9:15 a.m.**

### MEN'S MONTHLY BREAKFAST

Our male members of our Senior Center will be cooking us a delicious breakfast, the second Tuesday of the month. For only \$2.00 per person.

**DATE: MARCH 10**  
**TIME: 8:00-9:30 a.m.**



### BINGO

Are you feeling lucky? Then come play some BINGO! Try your luck for groceries and fun. **Scott & White and Tex Med** are providing our prizes for Bingo for groceries. Thank you all again for providing groceries for the month of January.

**DATE: MARCH 6**  
**TIME: 1:00 p.m.**

### COVERED DISH LUNCHEON

Our guest speaker will be Dr. Hunter, a Podiatrist, speaking on Diabetes; caring for your feet. We will be celebrating MARCH birthdays. Don't forget your covered dish enough to feed six people or \$5.00 per person.

**DATE: MARCH 18**  
**TIME: 10:45 a.m.**

### FREE HAIRCUTS

Oscar Rampersaud, licensed barber, will be here to give fabulous haircuts at no charge! Please no long hair styling or cuts.

**DATE: MARCH 10**  
**TIME: 9:00-11:30 a.m.**

# WEEKLY PROGRAMS & GAMES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 a.m.	Dominoes/42	Dominoes/42	Dominoes/42	Dominoes/42	Dominoes/42
	Ceramics		Walking at Killeen Mall		Ceramics
8:30 a.m.	Hand & Foot	Hand & Foot	Hand & Foot	Hand & Foot	Dirty Marbles
	Dirty Marbles	Dirty Marbles	Dirty Marbles		
9:00 a.m.	Chicken Foot	Chicken Foot (9:30 a.m.)	Joker	Draw for Partners 42	Butterbean 4th Friday unless changed in
			AARP 9:30-2 4th Wednesday	Aw Heck	
10:00 a.m.	Joker	Fun Games	Hand & Foot	Phase 10 10-11	Fun Games
	Fun Games	Yoga Class 10-11			
10:30 a.m.	Dirty Marbles	Bible Study w/ Charlie Cahee	Sudoku	Mexican Train Dominoes	Hand & Foot
12:00 p.m.	Joker	Movie 12:15 1st & 2nd Tuesday	Hand & Foot	Canasta	Yahtzee
				Al Scott/Gospel & Music Appreciation	
12:30 p.m.	Hand & Foot	Hand & Foot 12:15	Spades 12:15	Sew and Sews	Dominoes
	Card Games	Pinochle	Cribbage	Cards w/Margo	Hand & Foot
		Cards w/ Debbie	Card Games	Texas Hold 'Em	
1:00 p.m.	Hand & Foot	Hand & Foot	Wii Sports	Hand & Foot	Red Hats 2nd Friday 1:00
			Hand & Foot	Joker	Phase 10
1:45 p.m.	Phase 10	Phase 10	Dirty Marbles	Fun Games	Puzzles
2:30 p.m.	Exercise	Puzzles	Exercise	Hand & Foot	Exercise

**For more information on above programs call 254-699-1717**

## Senior Sweet Spot \*Irish Corned Beef and Cabbage\*

- 5 lb Corned-Beef brisket
- 2 Bay leaves
- 8 Medium Potatoes, pared
- 1 Medium cabbage, cut in wedges
- Handful chopped fresh parsley
- 1 clove garlic
- 10 whole black pepper
- 8 medium carrots, chopped
- 4 Tbsp. butter



1. Place corned beef in a large pot and cover with water. Add whole black peppers, bay leaf and garlic clove, bring to a boil and simmer. Skim surface to clear of flotsam and fat. Cover continue to simmer for 3-4 hours or until corned beef is tender.
2. Add carrots and potatoes and simmer for about 30 minutes, add cabbage and cook another 20 minutes or until vegetables are fork tender.
3. Remove corned beef and slice across the grain, arranging portions on plates. Add cabbage, potatoes, carrots brush with butter, sprinkle with chopped parsley and serve.

## CONTACT US:

### Bob Gilmore Senior Center

2205 E. Veterans Memorial Blvd.

Killeen, TX 76543-4328

Monday - Friday 8:00 a.m. to 4:00 p.m.

Office: 254-699-1717

Fax: 254-953-4796

Website: [www.killeentexas.gov](http://www.killeentexas.gov)

**Margo Coster**

Program Coordinator

Email— [mcoster@killeentexas.gov](mailto:mcoster@killeentexas.gov)

**Janie Vargas**

Office Assistant

HOP Transportation: 254-933-3700  
or 1-800-791-9601

## Easter Crafts

Mickey Holder will be teaching two classes- one is a clear plate with fabric adhered to the back. The other one is a ballerina bunny picket fence with a tutu. Come a learn these amazing crafts.

Date: March 11- Plate Class \$5.00

Price: Time: 1:00-3:00 p.m.

Date: March 18-Ballerina Bunny \$10.00

Time: 12:30-3:00 p.m.

## ATTENTION VOLUNTEERS/ RSVP

Meet the new RSVP Coordinator Kim Harris, at the Bob Gilmore Senior Center.

DATE: March 18th at 1:30 pm

## TOURNAMENTS

<b>AW HECK</b>	MARCH 19th at 9:00 a.m.
<b>JOKER</b>	MARCH 4th at 12:30 p.m.
<b>SPADES</b>	MARCH 11th at 12:15 p.m.
<b>HAND &amp; FOOT</b>	MARCH 27th at 12:15 p.m.
<b>PINOCHLE</b>	MARCH 3rd at 12:30 p.m.
<b>DIRTY MARBLES</b>	MARCH 23rd at 9:00 a.m.
<b>CANASTA</b>	MARCH 12th at 12:00 p.m.
<b>TEXAS HOLD "EM"</b>	MARCH 26th at 12:30 p.m.

**Visit us online at [www.killeentexas.gov](http://www.killeentexas.gov)**



*Lunch is served daily at 11:30 a.m. Meals are \$3/person*

***READ\*\*NOTE\*\*Reservations must be made by noon the day before.\*\****

Mon	Tue	Wed	Thu	Fri
2. Oriental Cuisine	3. Country Fried Steak, Mashed Potato & Salad	4. Pork Chops & Home Fries	5. Meat Balls, Egg Noodles & Salad	6. Spaghetti, Garlic Bread & Salad
9. Oriental Cuisine	10. Chicken Fajitas, Rice & Beans	11. Goulash, Crackers & Salad	12. Sausage, Onions Green Peppers & Vegetable	13. Chicken Salad Sandwich & Chips
16. Oriental Cuisine	17. Corn Beef & Cabbage	18. Covered Dish Luncheon Dish or \$5.00 pp	19. Beef Soup & Crackers	20. Fish, Potato & Vegetable
23. Oriental Cuisine	24. Chicken Strips, Mashed Potatoes & Salad	25. Ham Steaks & Mac & Cheese	26. Salisbury Steak, Potato & Vegetable	27. Tuna Salad, Chips & Fruit

**HAPPY ST. PATRICK'S DAY**

*We need Volunteers to teach classes on computer, exercise, crafts, or other subjects.*

## Thursday Music Appreciation

The Gilmore Senior Center Chorus (Al Scott, Music Director) meets at 1:00 pm to learn and rehearse hymns and standards in four-part harmony. The music begins with Al at the piano for a sing-a-long and warm-up at 12:30 pm. Mr. Scott provides private lessons (piano, vocal and music theory) by appointment. Mr. Scott is a member of the Texas Music Teachers Association. Visitors and new members are always welcome!

**DATE: EVERY THURSDAY**

**TIME: 12:30 p.m.**

## Cards with Debbie

Cards with Debbie Moore. Class fee is \$5.00 for supplies. Come learn how to make exquisite cards.

**DATE: EVERY TUESDAY**

**TIME: 12:30 p.m.**



## Cards with Margo

Come join Margo, making cards or crafts. Class is free, but limited, please sign up in advance.

**DATE: EVERY THURSDAY**

**TIME: 12:30-2:00 pm**



## ANNOUNCEMENT

**Remember to wear red on Fridays until all the Men & Women Soldiers and Civilian Personnel come home.**